

YOGA WELLNESS

The Therapeutic Choice

SUMMER RETREAT with Edie Cassady
Village Creek Country Inn, Village at Pigeon Lake
July 7th, 8th, 9th 2023

Yoga, Meditation & Self Care

This transformational retreat will include:

- YOGA THERAPY Friday, Saturday, Sunday
- MEDITATION & IREST THERAPY
- HITORI RYOHO -Self Massage
- SHIATSU FACIAL & FOOT MASSAGE
- ESSENTIAL OIL THERAPY
- FRIDAY EVENING MEAL
- SATURDAY EVENING DINNER
- SUNDAY BRUNCH

Fee: \$380.00 Payment due upon registration

Your fee **does not include** the cost of your room.

It is very important that upon registration that you book your hotel room at www.villagecreekcountryinn.com or call 1 (780) 586-0006.

Maximum of 20 participants

Registration Contact: Edie Cassady, Registered Yoga Therapist
at www.yogawellness.ca or call (780) 466-6548